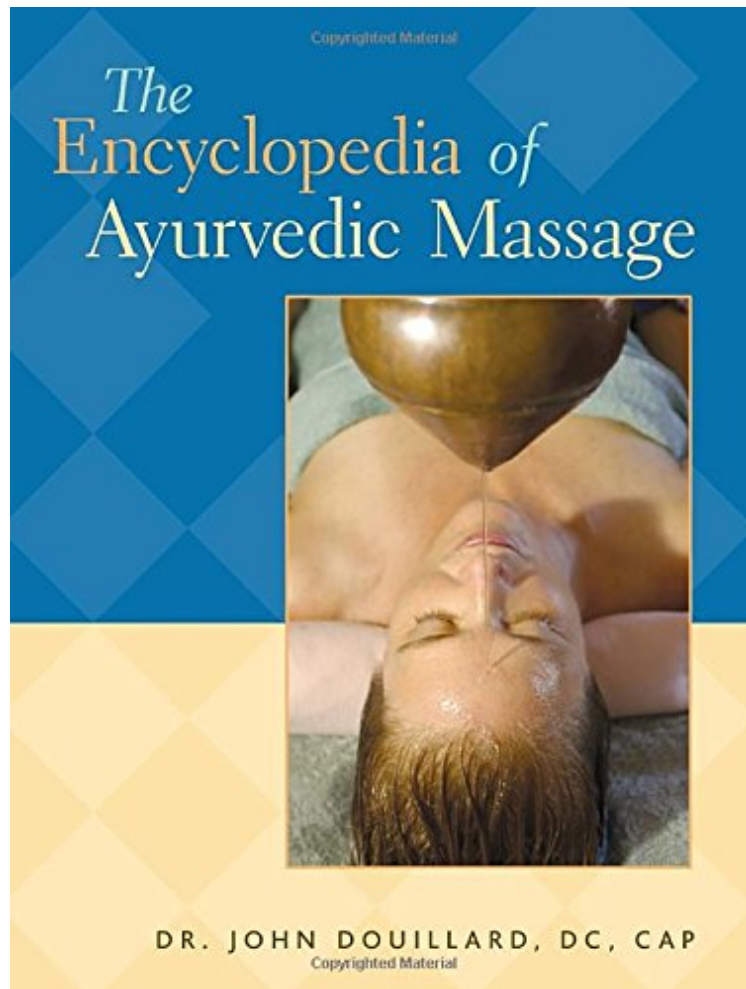


## The Encyclopedia of Ayurvedic Massage

*John Douillard*

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**John Douillard : The Encyclopedia of Ayurvedic Massage** before purchasing it in order to gage whether or not it would be worth my time, and all praised The Encyclopedia of Ayurvedic Massage:

2 of 2 people found the following review helpful. great resourceBy GeraldI have other products by Dr. Douillard and I find all of them very easy to understand and informative. I highly recommend all of his products.9 of 10 people found the following review helpful. Informative but...By LeeAs a Certified Massage Therapist I found this book to be very educational. The only problem that I have with the book concerns many of the images found within it. There is a plethora of images BUT many of the images were so small that I had to use a magnifying glass in order to see the details better. Now, I have perfect 20/20 vision...so for me to have to resort to using a magnifying glass should tell all of you reading my review just how small the images were.I would have given this book 5 stars if it weren't for the super small images.10 of 11 people found the following review helpful. Watered Down, but, Good version of Ayurvedic MassageBy M. BhatiaThis is a good book for western masseuse. The clarity of writing, technique and

photos are great! However, having studied ancient massage techniques from Kalaripayattu masters in India, this is NOT traditional massage techniques taught in India. Having said that, this book is meant for westerners so tones down the tradition. Overall, good book.

Five thousand years old, Ayurvedic massage has been shown to still the mind and body by lowering metabolic rates and inspiring feelings of peace and calm. Often administered as a part of a three-, five-, or seven-day program, these treatments are an integral part of deep cleansing, rejuvenation, and life-extension Ayurvedic programs called panchakarma or kya kalpa. This book by a noted practitioner features more than 15 of these treatments, each described in step-by-step detail and some synchronized with two therapists for up to two hours in length. It provides the reader with all the tools necessary to begin Ayurvedic treatments as a part of a spa menu or massage therapy program.

"With great clarity and precision, Dr. John Douillard has provided a detailed guidebook to the profound system of Ayurvedic massage, bringing this ancient method of yogic healing into practical focus for everyone to use in its many different forms." - Dr. David Frawley  
"It is with open arms that I welcome such a detailed yet comprehensive guide for massage and spa therapists." - Tara Grodjesk  
"Dr. Douillard offers a straightforward and very practical guide to implementing traditional Ayurvedic therapies into a spa menu. May this work become standard in quality spas throughout the world." - Melanie Sachs  
About the Author  
Dr. John Douillard is the author of *The 3-Season Diet and Body, Mind, and Sport*, which has sold over 60,000 copies and has been printed in six languages. His book *Perfect Health for Kids*, was released early last year, followed by *The Encyclopedia of Ayurvedic Massage* (both in 2004, North Atlantic Books). John received his Ayurvedic training in India and holds a Ph.D. in Ayurvedic medicine from the Open International University. He is the former Director of Player Development for the New Jersey Nets in the NBA. He co-directed Deepak Chopra's Ayurvedic center for eight years and has trained over 2000 Western doctors in Ayurvedic medicine. He launched a preservative-free Ayurvedic skin care line in 1998, and an Ayurvedic herbal line for health professionals in 2003. He has been teaching Ayurvedic medicine, natural health, fitness, and nutrition internationally for seventeen years. Currently he directs the LifeSpa School of Ayurveda and practices Ayurvedic and chiropractic medicine at LifeSpa in Boulder, Colorado, where he lives with his wife and six children.